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Amendments to the Claims:

This listing of claims will replace all prior versions and listings of claims in the application:

Listing of Claims:

1. (currently amended) A custom footbed for a foot, the footbed comprising:
 a substrate comprising an upper surface formed to the contour of only a portion of the plantar surface of the foot, wherein the substrate comprises a uniform layer thickness; and
 a depression occupying a selected area of the upper surface of the substrate, wherein the upper surface of the substrate deviates from the contour of the plantar surface of the foot within the selected area occupied by the depression, and whereby the depression and the foot define a cavity.
2. (original) A footbed according to claim 1, further comprising a compressible wound spacer located within the depression.
3. (original) A footbed according to claim 1, wherein the upper surface of the substrate is formed to the contour of a majority of the plantar surface of the foot.
4. (cancelled)
5. (original) A footbed according to claim 1, wherein the selected area occupied by the depression encompasses the distal metatarsal heads of the foot.
6. (original) A footbed according to claim 2, wherein the wound spacer and depression extend across the width of the substrate.
7. (original) A footbed according to claim 2, wherein the wound spacer is attached to the upper surface of the substrate.

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8. (original) A footbed according to claim 2, wherein the substrate comprises moisture-cured resin, and further wherein the wound spacer is attached to the substrate by the moisture-cured resin.

9. (original) A footbed according to claim 2, further comprising a contact layer attached to the footbed over the upper surface of the substrate and the wound spacer.

10. (original) A footbed according to claim 9, wherein the wound spacer is retained within the depression by the contact layer.

11. (original) A footbed according to claim 9, wherein the contact layer comprises a shear-absorbing textile.

12. (currently amended) A method of constructing a custom footbed, the method comprising:

- providing a curable substrate comprising curable material;
- providing a compressible surface;
- providing a wound spacer;
- locating the curable substrate on the compressible surface;
- positioning the wound spacer at a selected location between a foot and the substrate;

- forming the curable substrate to the contour of a portion of the plantar surface of the foot, wherein the curable substrate deviates from the contour of the plantar surface of the foot within the selected location occupied by the wound spacer; and

- curing the substrate after forming;

- wherein the curable substrate and the compressible surface extend over the entire length of the foot.

13. (original) A method according to claim 12, wherein the curable substrate comprises a textile impregnated with the curable material, wherein the curable material comprises moisture curable resin.

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14. (cancelled)

15. (original) A method according to claim 14, further comprising locating a toe spacer between the toes of the foot and the curable substrate before forming the curable substrate.

16. (original) A method according to claim 12, wherein the wound spacer extends across the width of the substrate.

17. (original) A method according to claim 12, wherein the wound spacer is retained on the substrate after curing.

18. (original) A method according to claim 12, further comprising removing the wound spacer from between the foot and the substrate after curing.

19. (original) A method according to claim 12, further comprising attaching a contact layer to the substrate after curing.

20. (original) A method according to claim 12, wherein the wound spacer is retained on the substrate after curing, and wherein the method further comprises attaching a contact layer to the substrate after curing, such that the wound spacer is retained between the substrate and the contact layer.

21. (original) A method according to claim 12, wherein the wound spacer has a higher compression modulus than the compressible surface.

22 - 36 (canceled)